

OKINAWA MARINE

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Lt. Gen. Kenneth J. Glueck Jr., commanding general of III Marine Expeditionary Force and commander of Marine Corps Bases Japan, greets Republic of Korea special forces service members from 21st Battalion, International Peace Keeping Force, before the opening ceremony of Exercise Khaan Quest 2011 at Five Hills Training Area, Ulaanbaatar, Mongolia, July 31. Khaan Quest is a training exercise designed to strengthen the capabilities of U.S., Mongolian and other nations' forces in international peace support operations worldwide. Photo by Cpl. Tyler Main

Khaan Quest 2011

Exercise begins in Mongolia

Cpl. Tyler L. Main

U.S. MARINE CORPS FORCES, PACIFIC

FIVE HILLS TRAINING AREA, Mongolia — Exercise Khaan Quest 2011 kicked off with an opening ceremony 31 July at the Five Hills Training Area, Ulaanbaatar, Mongolia.

Service members and delegates from more than 10 participating nations attended the ceremony where speeches were delivered by U.S. and Mongolian dignitaries, including Mongolian President Tsakhiagiin Elbegdorj, Lt. Gen. Tserendejid Byambajav, chief

of general staff, Mongolian Armed Forces, and Lt. Gen. Kenneth J. Glueck Jr., commanding general of III Marine Expeditionary Force and commander of Marine Corps Bases Japan.

“The government and the people of Mongolia

SEE **KHAAN** PG 5

MLG CG imparts guidance

Sgt. Brandon L. Saunders

OKINAWA MARINE STAFF

CAMP KINSER — The commanding general of 3rd Marine Logistics Group, III Marine Expeditionary Force, met with commanders, sergeants major and the command master chief from 3rd MLG during his annual conference held at Surfside here July 27-28.

This is the second year Brig. Gen. Craig C. Crenshaw has held his commanders and sergeants major conference, which he uses as a platform to provide his guidance and intent and to discuss the current operations of each section of 3rd MLG.

During the conference, Crenshaw reemphasized the mission of the MLG “to provide responsive combat logistics support to III MEF and other Marine forces within our area of operations.”

He went on to discuss his determination to ensure the welfare of the Marines and sailors under his charge, as well as their families.

Crenshaw reminded the attendees of the resources available to the MLG and where to find them.

“The idea is to bring the leadership of the MLG together to discuss issues and how we can

better serve our Marines and sailors,” said Crenshaw.

A commander and senior enlisted representative from every battalion and regiment within the MLG attended the conference.

Each representative briefed the commanding general about the latest plans and operations within their unit. The conference also provided an opportunity for commanders who have recently assumed command to familiarize themselves with MLG policies and procedures.

“We have new commanders within the (unit), many of whom are commanding in Okinawa for the first time,” said Sgt. Maj. Lawrence P. Fineran, sergeant major of 3rd MLG. “We must stress the uniqueness of the climate here.”

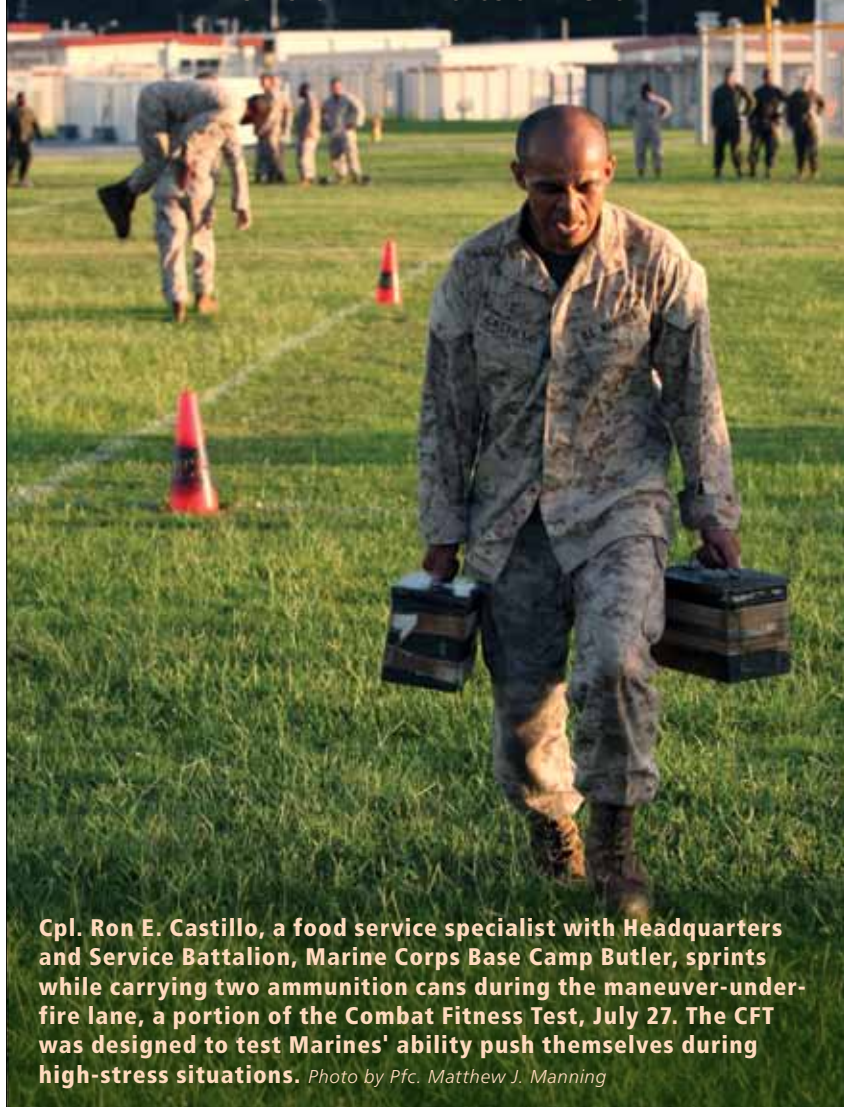
Meetings of this nature are important because they foster the “3rd MLG team concept” amongst the leaders, said Fineran.

The presenters emphasized the importance of the MLG’s senior leadership working together for all major decisions.

“There is no better way for the leadership to receive the commanding general’s intent other than straight from the commanding general himself,” said Fineran.

Combat Fitness Test arrives

SEE STORY AND PHOTOS ON PAGE 9



Cpl. Ron E. Castillo, a food service specialist with Headquarters and Service Battalion, Marine Corps Base Camp Butler, sprints while carrying two ammunition cans during the maneuver-under-fire lane, a portion of the Combat Fitness Test, July 27. The CFT was designed to test Marines' ability push themselves during high-stress situations. Photo by Pfc. Matthew J. Manning

**IN THIS
ISSUE**



MAKING FRIENDS

Marines volunteer their day to play at the beach with local orphanage children, building bonds and making memories.

PG. 8

RACING CARDBOARD

You build them, you race them! Teams build camaraderie racing their cardboard creations through the ocean at regatta.

PG. 10

Gratitude extended for US-Japan friendship

Mr. Hirofumi Hirano

My first experience in the U.S. was in 1975 when my wife and I went on our honeymoon to Hawaii. It was a special time spent in a beautiful place.

The next trip to America was to Los Angeles in 1982. In contrast to Hawaii, which we enjoyed very much, what I can recall is that I was busy, worried about communicating in English and had jet lag. After that, my New York trip was part of a business trip as an aid for a member of Parliament.

Some years later, I traveled alone for three months in America. I visited 19 different places in your country. That trip was the most thrilling and exciting trip of my life. I remember getting lost in the mountains near Pittsburgh in a taxi, traveling a total of 200 miles. I felt some terror from being in the vast wilderness.

I was also in the suburbs of New Orleans, on the Lake Pontchartrain Causeway. I was amazed by this bridge with its length of 23.87 miles,

crossing the center of the lake from north to south. I was impressed with the courage of American people to accomplish this seemingly impossible task by overcoming nature's constraints.

I visited America, your homeland, and met various people. From them, I could feel the Frontier Spirit, with which they live, facing nature at its greatest and then overcoming it. This spirit is a combination of toughness, strength and gentleness.

On March 11, our homeland, Japan, suffered a terrible earthquake, tsunami and nuclear accident. It was like we received three punches by a super-heavyweight class boxer at the same time. However, Japan was not knocked out.

It was because there was dedicated support from you, our Tomodachi, our friend. You helped not only the people in the disaster area, but people all over Japan.

Thanks to the presence of the U.S. military, many Japanese people felt the same toughness, strength and gentleness of

I believe the relationship between the U.S. and Japan... can evolve from that of "friends" to become best friends.

the American people that I sensed in my past trips to America. This encouraged people who were in a state of shock, and inspired people to stand up and start over again.

I believe the relationship between the U.S. and Japan, after working together and dealing with this unfortunate major natural disaster, can evolve from that of "friends" to become best friends.

My wife joins me in thanking you, U.S. Marines and U.S. forces, for your support of our country in our time of need. You are a friend indeed.

Mr. Hirano is the Chairman of the Standing Committee on National Security in the House of Representatives of the Japanese Parliament. He is a former Chief Cabinet Secretary, and has served in parliament since 1996. In the spring and summer of this year, he hosted two U.S. Marine parliamentary interns sponsored by MCBJ.



AROUND THE CORPS



Gen. James F. Amos, commandant of the Marine Corps, addresses members of the media at the Short Take Off Vertical Landing Joint Strike Fighter demonstration on Naval Air Station Patuxent River, Md., July 29. The jet is vital to the Marine Corps' mission, said Amos.

Photo by Sgt. Kuande Hall



Lance Cpl. Chandra K. Francisco, a Marine with Female Engagement Team 15 in Sangin District, Helmand province, Afghanistan, holds hands and talks with Afghan children during a patrol July 17. As a member of the FET, Francisco helps build relationships with the local populace by reaching out to Afghan women and children.

Photo by Cpl. Katherine Keleher



An Australian M1A1 Abrams Main Battle Tank fires a round during a live-fire training exercise in Australia July 28. The Australians were firing with Marines from the 31st Marine Expeditionary Unit during exercise Talisman Sabre 2011. TS '11 is the largest joint military exercise undertaken by the Australian Defence Force and provides an opportunity to conduct operations in a combined-joint environment that increases both countries' bilateral war-fighting capabilities and ability to respond to crises. Photo by Lance Cpl. Garry J. Welch

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OKINAWA MARINE

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Winner, 2010 DoD Thomas Jefferson Award
Best Tabloid Format Newspaper

Training maintains combat readiness, proficiency

Lance Cpl. Courtney G. White
OKINAWA MARINE STAFF

CAMP HANSEN — Marines with 3rd Intelligence Battalion participated in Table 3 rifle training at Range 18 here July 26.

The battalion, part of III Marine Expeditionary Force Headquarters Group, III MEF, conducted the training to familiarize the Marines with possible contingencies when deployed.

"This training is the basis of who we are; every Marine is a rifleman," said 1st Lt. Charles J. Tofel, a company commander for 3rd Intel. Bn. "No matter your job, you need to know how to operate weapons systems because you may find yourself utilizing it."

Table 3 supports target engagement from close proximity, ranging from five to 25 yards, while using movement.

"This training is useful because you are taking your M16A4, which is the weapon you would be carrying downrange personally, and utilizing it," said Tofel. "You are getting used to it, learning how to operate it effectively and (engage) the targets properly."

Consistent training provides Marines the opportunity to better themselves in



Marines with 3rd Intelligence Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, conducted live-fire training, at Range 18, Camp Hansen, July 26, to maintain combat readiness and remain proficient in weapons systems they will use during deployment. This training is a requirement as a part of the battalion's pre-deployment training. Photo by Lance Cpl. Courtney G. White

all areas combat readiness.

"Training increases our mission readiness and operational abilities," said Lance Cpl. Paul R. Kistler, a system administrator with the battalion. "We are able to recognize our flaws during training and work on improving them. Marines need a refresher every once in a while, otherwise they get a little rusty and that could lead to casualties."

Table 3 is also a requirement for those in the battalion who will be deploying later this year, according to Tofel.

"When we send Marines downrange, they are going for a purpose," said Tofel.

The training exercise consisted of Marines preparing to deploy to Afghanistan and others who are working to familiarize themselves with various weapons, such as the M249 squad automatic weapon, said Cpl. Corderous A. Mahone, a surveillance sensor operator with the battalion and a coach for the exercise.

"Most of us out here are infantrymen as our primary military occupational specialty and a sensor operator

as a secondary MOS," said Mahone. "When we get to Afghanistan, we are with infantry units. We have to be on the same level. That is where the training comes in."

Table 1 and 2 of the rifle range are useful, but Marines do not shoot from exactly 300 yards in combat, said Mahone.

"Every time we go out and train it's something different," said Mahone. "I feel more comfortable when Marines deploy knowing we, as coaches, did everything in our power to teach them

what they need to know," said Mahone.

Training Marines from both job fields together builds unit camaraderie, which is crucial to the success of the Marines Corps mission, according to Tofel.

"While working together, intelligence Marines and infantrymen get to see what the other does," said Tofel. "When the battalion can come out as a whole, it's always an educational experience and is very good for the Marines," according to Tofel.

Marine Corps Community Services informs customers via podcast

Lance Cpl. Heather N. Choate
OKINAWA MARINE STAFF

CAMP FOSTER — Marine Corps Community Services launched a new program earlier this year, Island Chat, as a new way to engage customers.

Island Chat is a free podcast, a series of digital media files that can be downloaded from the MCCS website, iTunes and Facebook to inform and educate the public about the many programs and services MCCS has to offer, but also to provide a perspective that is more conversational and personal in tone.

"Island Chat is a more personal way for us to share insider information about MCCS events and activities," said Jennifer L. Beatty, an account executive with MCCS Marketing.

The podcast is targeted at the U.S. military community stationed in Okinawa who would like to learn more about MCCS programs.

"We cover the full spectrum



of MCCS programs that are available to service members and their families on Marine Corps camps island-wide," said Beatty. "There are literally hundreds of unique activities, services and events offered throughout the year. Each of the podcast's hosts chooses a different topic to discuss each week. We try to mix it up to be topical, timely and relevant in only 10 minutes per episode."

A major goal is to keep each episode's material fresh so that listeners can stop by MCCS facilities that week to register for the event,

purchase tickets, try out the service or otherwise take advantage of what was discussed.

All podcasts are available online at all times, with a new episode arriving every week.

"We record Island Chat every Wednesday afternoon. We edit and produce the new episode on Thursday and then send it to our MCCS webmaster to create the link, write the episode blurb and launch it," said Morgan N. Willemsen, an account executive with MCCS Marketing.

The benefits of Island Chat in-

clude the ability to learn about MCCS programs, events and promotions at any time.

"If you are an auditory learner or didn't have time to grab a copy of the Okinawa Marine newspaper or Okinawa Living Magazine, you can listen to an episode of Island Chat at your convenience to stay informed," said Beatty. "If you subscribe to Island Chat through iTunes, you can receive updates automatically and even refer back to previous episodes if needed."

Those who are not yet in Okinawa, but are in the process of a permanent change of station here, can listen to the podcast to get up to speed about the programs and services offered before they arrive, she added.

"We think this (new MCCS program) can be incredibly valuable to help ease anxiety, especially for first-timers to Okinawa," said Willemsen.

For more information, contact MCCS Marketing at 645-3193.

BRIEFS**FOREIGN SERVICE INFORMATION SESSION**

Regular information sessions will be held about employment opportunities with the State Department and the Foreign Service Exam. The first session will take place Aug. 19 at 3 p.m. at the U.S. Consulate in Urasoe City.

Interested parties should e-mail nahapas@state.gov.

JOINT-SERVICE WALK-IN SPORTS PHYSICALS AT KADENA CLINIC

U.S. Naval Hospital Okinawa and the Kadena Air Base 18th Medical Group will offer walk-in sports physicals at the Kadena Medical Group Clinic Aug. 13 from 9 a.m.-2 p.m.

For more information, contact Lester Family Medicine Clinic at 643-7517, Lester Pediatric Clinic at 643-7304, Kadena Family Practice at 630-4817 (press 1, then select option 1) or Kadena Pediatrics at 603-4817 (press 1, then select option 2).

INTERACTIVE CUSTOMER EVALUATION

Starting mid-August, the Interactive Customer Evaluation manager website will be modified to require common access card authentication. All ICE managers will need to use their DOD CACs to access the ICE manager website.

The system will also be modified to disable inactive manager accounts. All managers with ICE accounts will need to access the manager web site and register their account within 120 days of ICE CAC enablement.

KIDS AND DEPLOYMENT WORKSHOP

A Kids and Deployment Workshop will be held Aug. 11 from 5:30-7:30 p.m. in the Marine Corps Family Team Building, building 5677 on Camp Foster.

Parents will participate in a Families Overcoming Under Stress workshop where they learn to assess their children's behavior, promote healthy coping habits and discover better ways to communicate with their children. Meanwhile, the children will enjoy a puppet show and other engaging activities to help them cope with a parent's deployment. Registration for this free workshop is required, class size is limited.

To register, call 645-3689. For more information, visit www.mccsokinawa.com/mcftb.

CREDO MARRIAGE ENRICHMENT RETREAT

CREDO Okinawa is conducting a free marriage enrichment retreat at the YYY Resort Aug. 19-21.

Couples will learn to communicate effectively, work as a team to preserve and enhance love, commitment and friendship.

The retreat is first come, first-served. Register via e-mail only at credo.mcbb.fct@usmc.mil.

TO SUBMIT A BRIEF, send an e-mail to okinawamarine.mcbb.fct@usmc.mil, or fax your request to 645-3803. The deadline for submitting a brief is noon Friday. Okinawa Marine reserves the right to edit all submitted material.



Pfc. Russell Johnston, satellite communications operator with 7th Communication Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, makes sure an electronic control unit is cooling equipment at a steady rate July 22. Photos by Lance Cpl. Tyler C. Vernaza

Marines, soldiers work together to fix typhoon damaged equipment

Lance Cpl. Tyler C. Vernaza

OKINAWA MARINE STAFF

FORT BUCKNER ARMY BASE — Marines with 7th Communications Battalion, have been assisting soldiers with 58th Signal Battalion, with repairing damages to Fort Buckner's communications equipment since July 3.

Since a typhoon damaged some equipment in early May, Marines with 7th Comm. Bn., III Marine Expeditionary Force Headquarters Group, III MEF, have been providing support to 58th Signal Battalion, 516th Signal Brigade, 311th Theater Signal Command. They will continue to work together until repairs are complete on the main terminals.

"After the typhoon, a plan was set in place to establish a tactical terminal hard-wired into Buckner to provide services to the Marines in the field, allowing the signal-entry panel to act like a main terminal," said Capt. Cameron P. Evans, operations officer with the battalion.

The tactical satellite system the Marines are using to support the requirements of 58th Signal Battalion was decommissioned by the Marine Corps a year ago. However, 7th Comm. Bn. kept the gear until their new system was up and



Lance Cpl. Michael Hubberstey, engineer with 7th Communication Battalion, III Marine Expeditionary Force Headquarters Group, III MEF makes his routine checks on the enhanced tactical satellite signal processor July 22.

running, according to Evans.

"We're using a tactical satellite terminal on a strategic base, which has never been tried before, until repairs are complete allowing Buckner to rotate their permanent dishes to facilitate the workload," said Chief Warrant Officer 2 Michael Edwards, satellite communications officer-in-charge with 58th Signal Battalion.

Although technologies have developed and evolved over time, the temporary equipment still proves an important asset to troops, said Edwards.

"This equipment is old, but it's very reliable," said Sgt. Jacob G. Grafflin, strategic communications technician with 7th Comm. Bn. "It is one of the best pieces of communication equipment we have."

The process of fixing the equipment will take another month, according to Edwards.

"Until then, the Marines and soldiers are cross training each other on various equipment and operating systems. This will help increase interoperability between the two services for relative future missions," he said.

Beydler receives second star



Maj. Gen. William D. Beydler, commanding general of 1st Marine Aircraft Wing, III Marine Expeditionary Force, reaffirmed his commitment to the country and the Marine Corps during his promotion ceremony on Camp Foster Aug. 1. The ceremony, officiated by Lt. Gen. Glueck, commanding general of III MEF and commander of Marine Corps Bases Japan, Beydler's senior commanders and his family. During the ceremony, Glueck told the attendees that their presence demonstrated a deep commitment to each other and to effectively operating as a Marine Air-Ground Task Force. Beydler's rank insignia was pinned on by his wife and daughter. Photo by Pfc. Mike Granahan

MEU arrives in Darwin



Marines with Company F, Battalion Landing Team 2nd Battalion, 7th Marine Regiment, 31st Marine Expeditionary Unit, and Australian Defence Force members unload gear from an Australian military vehicle Aug. 1 in Darwin, Australia, marking the beginning of a bilateral, live-fire training exercise.

Photo by Capt. Caleb Eames

KHAAN FROM PG 1

consider Khaan Quest as an event of profound importance, making valid contribution to expanding the capabilities of United Nations peace keepers and increasing peace-support capacities of participating nations, promoting security and military confidence in the Asia-Pacific region," Elbegdorj said. "I want every peace keeper to aim at obtaining the necessary skills and expertise in military affairs required for United Nations peace-support operations, ultimately being prepared to stand up to any unexpected threat."

Khaan Quest is a combined-joint exercise, hosted by Mongolian Armed Forces in partnership with U.S. Pacific Command personnel, conducted annually since 2003 at the Five Hills Training Area. It is a multi-national exercise that supports peacekeeping operations and consists of different events, including a command post exercise, a field-training exercise, an engineering, civic action program and a medical, civic-action program.

"Khaan Quest has become the world's preeminent peacekeeping exercise," Glueck said. "We have learned that we can maintain security more effectively when we pursue



The Mongolian State Honor Guard performs during the opening ceremony of Exercise Khaan Quest 2011 at the Five Hills Training Area, Ulaanbaatar, Mongolia, July 31. Khaan Quest is a training exercise designed to strengthen the capabilities of U.S., Mongolian and other nations' forces in international peace support operations worldwide. Photo by Lance Cpl. Demetrius Munnerlyn

it as partners – working in conjunction with like-minded countries with mutual interests."

Khaan Quest increases security throughout the region by fostering relationships among participating nations.

"The fundamental values of security, stability and prosperity are common to us all," Glueck said. "Finding a group of nations willing to pursue these values seems simple enough – though we know the actual implementation is often more challenging."

Marines from Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary

Force, will be participating in engineering and medical civic action programs intended to promote civil-military interoperability and enhance medical and engineering capabilities.

Joint medical teams will provide basic medical care to Mongolians who lack regular access to treatment. They will provide several types of medical services, including preventative medicine, dental and veterinary care.

Khaan Quest will include a field-training exercise where Marines from 1st Bn., 11th Marine Regiment, 1st Marine Division, I MEF, will serve as live-fire range instructors and Marine Corps martial arts instructors. The



Mongolian Armed Forces service members stand at attention during the opening ceremony of Exercise Khaan Quest 2011 near Ulaanbaatar, Mongolia, July 31. Photo by Lance Cpl. Demetrius Munnerlyn

training will include various training scenarios and weapons familiarization exercises, sharing military best practices and procedures.

During the exercise, U.S. Marines and Mongolian Armed Forces plan to upgrade the Five Hills Training Area facility to make it

a more effective venue for training.

Overall, Khaan Quest is expected to build relationships and prepare for future opportunities to collaborate.

"Khaan Quest is an outstanding example of how like-minded nations can work together in a common cause," Glueck said.

Marines and sailors practice rescue breathing during Active Shooter '11 at the Camp Hansen parade deck July 27. The exercise was designed to increase the camp's preparedness for a mass casualty event.



Lance Cpl. J. Hernandez, bulk fuel specialist, 9th Engineer Support Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force, is treated for a suspected concussion by Camp Hansen Emergency Medical Services as part of Active Shooter '11 at the Hansen parade deck July 27.

Exercise prepares Marines for active shooter scenarios

Story and photos by Lance Cpl. Mark W. Stroud

OKINAWA MARINE STAFF

Military police sprinted across the field toward the barracks with M9 pistols drawn as what was left of a formation of Marines tried to make sense of what had just happened.

During the scenario, a mass casualty exercise held July 27 on Camp Hansen formally known as Active Shooter 2011, a mock shooter opened fire on a formation of Marines, leaving 10 wounded. Then, the shooter attempted to escape capture.

Active Shooter '11, conducted on the Hansen parade deck, was a mission assurance training exercise carried out to increase preparedness for a mass casualty event.

"The purpose of the exercise was to exhaust the capabilities of the emergency medical services to be able to provide emergency medical assistance," said Maj. Ryan A. Pyke,

anti-terrorism officer for Camp Hansen.

Exercise participants came from several units on Camp Hansen, including MCB Camp Butler's Provost Marshal's Office, Hansen's camp guard, United States Naval Hospital Okinawa, Camp Hansen's Emergency Medical Services and Fire Station and 3rd Medical Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force.

"We had all the units participating that would be out here in a real event," said Pyke. "If it was something larger, a building for instance, we would have someone like (Facilities Engineers, MCB Camp Butler,) or 9th Engineer Support Battalion, (CLR-35,) involved because we would need to remove rubble or debris from the scene."

A routine PMO patrol was the first to respond to the scene during the exercise, capturing the shooter and calling the situation into the camp guard.

"We received the call and loaded up the guys



Marines, sailors and Camp Hansen Emergency Medical Services personnel transport a wounded Marine to the Camp Hansen Branch Medical Clinic for treatment.

quickly to respond. My initial job was to get in contact with the commanding Marine out here and figure out where he needed the (camp guard)," said Cpl. Michael T. Gray, corporal of the guard, Hansen camp guard. "After that, we played our part in keeping the wounded calm until they received medical attention and posted security."

EMS personnel and firefighters responded to the scene shortly after the camp guard to provide medical attention for the wounded Marines.

"Emergency medical services came in and established a triage like we needed them to do," said Pyke. "They assessed all the patients. This was good training because it tested their real-world capabilities to react to a scenario like this."

The wounded Marines bore simulated wounds called moulages. The wounds were designed by 3rd Med. Bn. personnel to accurately simulate potential wounds for EMS and Marine responders, according to Lance Cpl. Benjamin J. Gardner, motor transportation operator, 3rd Med. Bn.

The wounded Marines were taken to the

casualty exercise



Services personnel treat victims for simulated wounds during Active Shooter 2011 at the Hansen parade deck July 27. Once the victims were stabilized they were for further evaluation and treatment.

branch clinic for continued treatment and to test the clinic's ability to properly respond to mass casualty scenarios.

"A mass casualty is any medical situation that overwhelms the system, so it took us a while to get going here, but it didn't totally overwhelm us because we have a lot of units here," said Chief Petty Officer Laury A. Navat, leading chief petty officer, Northern Medical Branch, United States Naval Hospital Okinawa. "The ultimate goal was send five patients downstream to the (United States Naval Hospital Okinawa), one by helicopter and four by ground transport."

The Marines, sailors and EMS personnel did a good job responding to the incident and will have continued training opportunities, according to Pyke.

"We are going to have a follow-up scenario here in the next couple of months, it won't be the exact same scenario, but it will be another mass-casualty exercise," said Pyke. "This exercise was a 'crawl' and we will go to more of a 'walk' phase for the next exercise, and finally a 'run' exercise."



Lance Cpl. Joseph P. Marshal, patrolman, Provost Marshal's Office, Headquarters and Service Battalion, Marine Corps Base Camp Butler, treats Lance Cpl. Benjamin J. Gardner, motor transportation operator, 3rd Medical Battalion, Combat Logistics Regiment 35, 3rd MLG, III MEF, for a simulated wound during Active Shooter '11 at the Hansen parade deck July 27.

CLR-35 volunteers time with local orphans

Lance Cpl. Courtney G. White
OKINAWA MARINE STAFF

Children laughing, people swimming and hot dogs grilling was the scene Marines with Combat Logistics Regiment 35 witnessed as they approached the beach to volunteer and play with the children of the Tai Chu En Orphanage at Torii Beach July 30.

The regiment, part of 3rd Marine Logistics Group, III Marine Expeditionary Force, has hosted an annual beach event here for the Tai Chu En Orphanage for more than 25 years.

Approximately 118 children and staff from the

Tai Chu En Orphanage met with Marines at the beach for an American-style picnic, games and swimming.

"The children of the Tai Chu En Orphanage, in American terminology, would be considered underprivileged," said Lt. Commander Jerry A. Terry, the chaplain for the regiment. "So, a day at the beach with a barbecue lunch is a fun treat for them."

The children were not the only ones to benefit from the day at the beach. Marines who participated got the opportunity to interact with the Okinawan community members.

"I joined the Marine Corps to help people," said



Marines with Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marines Expeditionary Force, tossed a football with children from the Tai Chu En Orphanage during a volunteer event at Torii Beach July 30. The day at the beach featured an American-style picnic, games and swimming. Photos by Pfc. Mike Granahan

Lance Cpl. Jane E. Thibado, a motor transport mechanic with CLR-35. "Activities like this help you remember that no matter what unit you are with, we have to stay optimistic and help out whenever we can. That is what we are here for."

Although she arrived on island recently, she plans on getting involved with more community activities because volunteering is character building as well as fun, said Thibado.

Volunteering enriches the lives of participating Marine by giving them a chance to get to know the

people that they are here to protect, and also a chance to learn the culture, according to Jason A. Gramley, a religious program specialist 3rd Class with Headquarters Company, CLR-35.

Gramley explained that the 40 Marines who came to the event jumped at the opportunity to volunteer and many others would have if given the chance.

"Events like this are very enjoyable because we always have more volunteers than can logistically be taken," said Terry.

Volunteering in Okinawa is important because it

helps showcase Americans in a positive light, according to Lance Cpl. Jordan M. Lane, a motor transport mechanic with Maintenance Company, CLR-35.

"Anything you do in a host nation that contributes to good will is always a win-win," said Terry.

For more information about participating in community relations events, contact a family readiness officer, a chaplain, Marine Corps Community Services, the Single Marine Program or your camp's community relations specialist.



A Marine with CLR-35 serves food to a child from the Tai Chu En Orphanage during a community relations event at Torii Beach July 30.

Overuse injuries may become chronic issue without treatment

Lance Cpl. Mark W. Stroud
OKINAWA MARINE STAFF

"Up in the morning with the rising sun! Gonna run all day 'til the running's all done!"

This simple cadence shows how running is a key part of Marine Corps physical fitness, but running can also cause chronic leg injuries.

"The majority of Marines that we see came in because of overuse injuries," said Petty Officer 3rd Class Aaron L. Green, a hospital corpsman at a Smart Clinic and part of 3rd Medical Battalion, Combat Logistics Regiment 35, 3rd Marine Logistics Group, III Marine Expeditionary Force. "The most common method of injury is prolonged running."

Overuse injuries result from prolonged or repetitive stress on a

muscle group or bone, said Green.

Smart Clinics across the Marine Corps deal with such injuries and can give helpful tips on how to identify an overuse injury.

"Most injuries can be broken down into two categories: acute pain and chronic pain. Chronic pain injuries occur over a longer period of time when Marines overuse a particular part of their body," said Petty Officer 3rd Class Ky D. Amos, a hospital corpsman at the Smart Clinic. "You can identify pain as chronic pain by sitting down or resting that part of the body and see if you are still feeling the pain."

Acute pain injuries are typically less serious and can be self-treated in many cases.

"Most acute pain can be treated by using the 'RICE' method; that is rest, ice, compression and

elevation," said Amos. "Use the heating pads they sell at the (Post Exchange) before a good run and ice it afterwards to help out."

One of the more common overuse injuries that the Smart Clinic has seen is patella femoral syndrome, which affects the knees, according to Green.

"Along with chronic pain, the other sign is pain when you push down on the knee cap," said Green. "That condition alone can make running in formation or any other activity involving use of the knee very painful and difficult."

Identifying the problem early is the key to treating chronic injuries.

"When it comes to any kind of injury, it falls on the corporals and sergeants to be active with their Marines and get them treated if they are showing signs of pain or injuries," said Green. "If the (non-

commissioned officers) are getting hurt themselves, it's up to them to set the example for their Marines and come down here and get themselves checked out because with any kind of chronic injury it is just going to get worse with time."

Avoiding chronic injuries all together is the best approach and starts with the small unit leaders.

Corporals and sergeants need to keep track of how far their Marines are running, and build the intensity of their Marines' physical fitness training gradually. Going directly into longer distance runs makes overuse injuries more likely, according to Amos.

If you have questions, or have an overuse injury, contact the Smart Clinic nearest you:

- Camp Hansen: 623-6561
- Camp Kinser: 637-3922
- Camp Foster: 645-6213



Marines spar to become MCMAP instructors

Pfc. Brianna Turner

OKINAWA MARINE STAFF

As a loud whistle blows, two Marines drop to the floor and begin a set of ten push-ups. The Marines then race to the middle, grab a baton and begin sparring.

7th Communication Battalion began Martial Arts Instructor Training on Camp Hansen July 29.

The unit, part of III Marine Expeditionary Force Headquarters Group, III MEF, is conducting training to increase the number of Marine Corps Martial Arts instructors in the battalion.

The training session began with a safety brief, where the instructor trainers explained the rules to ensure the Marines would not get injured, followed by one-on-one sparring and group sparring sessions.

"We want them to train realistically," said Staff Sgt. Danilo



Marines from 7th Communication Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, spar during martial arts instructor training on Camp Hansen July 29. Photo by Pfc. Brianna Turner

L. Dean, a radio chief with the battalion and instructor trainer. "They are not always going to have the option of using a weapon, and their mission will not always be to kill. So they need to be prepared to free spar."

The course teaches Marines to develop their entire body while

also focusing on intellectual and character discipline, according to Cpl. Jonathan R. Brown, a military policeman with the battalion.

The appeal of the course is not only its physical challenges, but the character building and mental aspects as well, said Staff Sgt. Atikus W. Piper, a company gunnery

sergeant for the battalion.

The Marines complete Marine Corps Institute courses, hold Professional Military Education sessions and attend Corporals and Sergeants courses to prepare mentally, according to Dean. For the physical and character-building portions, the instructors help the Marines train and then sit down with them to talk about how the training also strengthens their core values.

The course not only teaches discipline, but helps younger Marines learn what it takes to be a true leader.

"I like teaching this course because it also helps the Marines develop leadership skills," said Sgt. Michael T. Ambrose, a motor vehicle operator with the battalion and instructor trainer. "It gives them an opportunity to learn more than just textbook skills and keeps them interested and motivated while they are not deployed."

Marines prepare for upcoming Combat Fitness Test

Lance Cpl. Matthew J. Manning

OKINAWA MARINE STAFF

In 2008 the Marine Corps implemented a new test to determine Marines' fitness for combat, known as the Combat Fitness Test. The test includes a battery of physical exercises which evaluate Marines' ability to perform several combat-related activities. The CFT, combined with the Physical Fitness Test, provides good insight into Marines' overall fitness level.

July 1 began CFT season for the Marine Corps and ended PFT season. With this change, Marines on Okinawa have changed their physical training regimens.

"When training for the PFT you need to concentrate on pull-ups, running and crunches," said Cpl. Sanvir S. Sindal, the training noncommissioned officer at Headquarters and Service Battalion, Marine Corps Base Camp Butler. "Both tests concentrate on endurance, but the CFT is more strength-based."

Since the CFT focuses more on combat conditioning, a different type of training is needed.

"Circuit training works best for getting into shape for the CFT," said Gunnery Sgt. Mackey D. Ware, the company first sergeant with Headquarters and Service Company, Marine Wing Support Squadron 172, Marine Wing Support Group 17, 1st Marine Aircraft Wing, III Marine Expeditionary Force. "Doing lunges then immediately doing bench press, and then going into dips – lots of various exercises without resting."

When preparing for the CFT, like any other test, it is best to be continually trying to improve yourself.

"Preparation is the biggest key for any fitness test," said Beckie A. Javinar, the group fitness director at the Health Promotion Office on Camp Foster. "Waiting until the last

minute to try to get in shape for the CFT will not work, and you will get a low score. You need to determine what are your strengths and weaknesses and take the time that is needed to improve yourself."

Although the purpose of the two tests differ, both are crucial for being a well-rounded Marine.

"The PFT is designed to show how fit a Marine is," said Sindal. "The CFT is meant to keep a Marine combat ready. With the PFT, you already know how many pull-ups you do or how fast you run, but, with the CFT, you do not always know how you are going to score."

Marines often score differently on the CFT than PFT for a couple of reasons.

"Marines tend to score higher on the CFT than they do the PFT," said Sindal. "On the PFT, bigger Marines lose points because they might not be able to do as many pull-ups. This is not a factor during a CFT because partners of similar weight are chosen so Marines work within their own weight class."

Since any Marine could be called into combat at a moment's notice, it is crucial for every Marine to maintain combat readiness. The CFT is designed to ensure just that.

"The CFT is designed to not only test a Marine's fitness level, but to test the endurance level of a Marine during high-stress situations," said Ware.

"The CFT is driven more towards a stress-under-fire situation. It doesn't take as long, but after you finish a CFT you definitely feel like you have been through a workout."

Marines can prepare themselves for the CFT by attending unit training sessions or going to the gym or running on their own. For those that need help finding a work-out schedule or a plan organized for how to improve themselves, there are many options available on base.

"The Warrior Training Classes are an



Lance Cpl. Ryan A. Nardini, a personnel clerk with Headquarters and Service Battalion, Marine Corps Base Camp Butler, lifts Pfc. Cameron M. Kay, a data technician with H&S Bn., MCB Camp Butler, into a fireman's carry during the maneuver-under-fire portion of the Combat Fitness Test at Camp Foster July 27. Photo by Lance Cpl. Matthew J. Manning

excellent way to get in shape for the CFT," said Javinar. "If you are unable to attend those classes, then you should get with a fitness coordinator to set up a routine. We also have a daily work out schedule online that is updated every month."

The schedule and other tools to help Marines develop a proper fitness regimen are available online at the Semper Fit page on www.mccsokinawa.com.



Marines enjoy fun in sun during boat race

When a boat goes aground, Mother Nature has spoken, but what is she saying when the boat simply sinks?

Marines and sailors with Marine Air Support Squadron 2 and their families found out at the 2nd Annual Beach Day Regatta Race at Oura Wan Beach at Camp Schwab July 29.

A regatta is a race between sailboats or any kind of boat, said Duane Burk, family readiness officer for MASS-2, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

"Having events like this is a great opportunity to meet the families of the Marines and let them know how important they are," said Lt. Col. Alison J. MacBain, commanding of-

ficer of the squadron. "It is also a great way for the Marines to have a good time among the members in their chain of command."

Three companies within the squadron participated in the race, Headquarters and Service Company, Air Support Company and Communication and Electronics Company.

The boats the Marines raced in this particular regatta were made out of cardboard and were up to 15 feet in length, said 1st Lt. Joshua Freeland, training officer-in-charge with H&S Company. "The boats cannot have (two-sided) tape or glue on them. Only 50 percent of the boat can be covered with tape, and they must be able to support two riders."

The boats were judged on three major categories: originality, functionality

and the overall outcome of the race.

The grading sheets were passed out at random, so anyone from children to senior Marines graded the boats.

As the time for the race neared, Marines and their families gathered around the boats to take pictures, boast and predict who would win the race.

"I believed C&E Company would win because we were intelligently and physically superior in every aspect," said 1st Lt. Graham D. Hill, commanding officer of C&E Company.

Other Marines had their own opinions on who would win the race.

"I thought ASC's boat, Da Green Line, would win the race because it had the aspects like that of an amphibious warship," said Freeland.



Lance Cpl. Davin T. Reeves, left, and Lance Cpl. Jacob H. Lee, right, both radio operators with Air Support Company, MASS-2, speed past the competition as they row their boat, dubbed Da Green Line, during the regatta at Oura Wan Beach at Camp Schwab July 29.

As the race commenced, all teams darted across the beach carrying their boats and prepared to race across the water.

As the Marines worked hard to keep their boats afloat, one boat rowed through the waves and around the buoy with ease. Da Green Line swept the competition and won the regatta.

"We are very excited to have won the race and bring the trophy back to our platoon," said Staff Sgt. Rebecca A. Culp, a platoon sergeant for ASC and a team member with Da Green Line. "The Marines have worked very hard on the boat, and they deserve the prize they won."

The winners of the boat regatta received a trophy, a three-day weekend and bragging rights for a year.

"You could see the great effort and sense of dedication the Marines put into building their boats," said MacBain.

After the race, Marines and their families enjoyed the day with food, sports and fun in the water.

"This event was a good way for the Marines in the squadron to get out of the shop and get together," said Lance Cpl. Jassen A. Cruz, S-2 security chief with H&S Company. "It is very productive for the Marines as it helped them relax and relieve the stress from everyday work."

This event is a helpful way for the Marines to get to know each other and work well with their peers said Lance Cpl. Donald J. Baldwin, generator mechanic with H&S Company.

"This event brought an opportunity for fun and laughable moments among the Marines and their families," said Burk. "It helped build camaraderie and gave the Marines and their families some insight on who they and their spouses are working alongside."



Marines from MASS-2, dart across the beach with their boats in hand as the regatta commenced at Oura Wan Beach at Camp Schwab July 29.

In Theaters Now

AUGUST 5 - AUGUST 11

FOSTER

FRIDAY Captain America: The First Avenger (PG13), 3, 6:30 and 10 p.m.
SATURDAY Kung Fu Panda 2 (PG), noon; X-Men: First Class (PG13), 3 p.m.; The Conspirator (PG13), 6:30 p.m.; Horrible Bosses (R), 9:30 p.m.
SUNDAY Kung Fu Panda 2 (PG), 1 p.m.; Crazy, Stupid, Love (PG13), 4 and 7 p.m.
MONDAY Kung Fu Panda 2 (PG), 3 p.m.; Horrible Bosses (R), 7 p.m.
TUESDAY Thor (PG13), 7 p.m.
WEDNESDAY X-Men: First Class (PG13), 7 p.m.
THURSDAY Crazy, Stupid, Love (PG13), 7 p.m.

HANSEN

FRIDAY X-Men: First Class (PG13), 7 p.m.
SATURDAY Harry Potter and the Deathly Hallows: Part 2 (PG13), 6 and 9 p.m.
SUNDAY X-Men: First Class (PG13), 2 p.m.; Hanna (PG13), 5:30 p.m.
MONDAY Crazy, Stupid, Love (PG13), 6 and 9 p.m.
TUESDAY Crazy, Stupid, Love (PG13), 7 p.m.
WEDNESDAY X-Men: First Class (PG13), 7 p.m.
THURSDAY Captain America: The First Avenger (PG13), 7 p.m.

KADENA

FRIDAY Kung Fu Panda 2 (PG), 6 p.m.; X-Men: First Class (PG13), 9 p.m.
SATURDAY Captain America: The First Avenger (PG13), noon, 4 and 8 p.m.
SUNDAY Captain America: The First Avenger (PG13), noon, 4 and 8 p.m.
MONDAY Harry Potter and the Deathly Hallows: Part 2 (PG13), 3 p.m.; Captain America: The First Avenger (PG13), 7 p.m.
TUESDAY Captain America: The First Avenger (PG13), 7 p.m.
WEDNESDAY Harry Potter and the Deathly Hallows: Part 2 (PG13), 7 p.m.
THURSDAY X-Men: First Class (PG13), 7 p.m.

FUTENMA

FRIDAY The Hangover Part II (R), 6:30 p.m.
SATURDAY Crazy, Stupid, Love (PG13), 4 and 7 p.m.
SUNDAY Pirates of the Caribbean: On Stranger Tides (PG13), 4 p.m.; The Conspirator (PG13), 7 p.m.
MONDAY Harry Potter and the Deathly Hallows: Part 2 (PG13), 6:30 p.m.
TUESDAY Closed
WEDNESDAY Closed
THURSDAY Closed

COURTNEY

FRIDAY Crazy, Stupid, Love (PG13), 6 and 9 p.m.
SATURDAY Pirates of the Caribbean: On Stranger Tides (PG13), 2 p.m.; The Hangover Part II (R), 6 p.m.
SUNDAY Harry Potter and the Deathly Hallows: Part 2 (PG13), 7 p.m.
MONDAY The Hangover Part II (R), 7 p.m.
TUESDAY Closed
WEDNESDAY Captain America: The First Avenger (PG13), 7 p.m.
THURSDAY Closed

KINSER

FRIDAY X-Men: First Class (PG13), 6:30 p.m.
SATURDAY Kung Fu Panda 2 (PG), 3 p.m.; X-Men: First Class (PG13), 6:30 p.m.
SUNDAY Kung Fu Panda 2 (PG), 3 p.m.; X-Men: First Class (PG13), 6:30 p.m.
MONDAY Closed
TUESDAY Closed
WEDNESDAY Crazy, Stupid, Love (PG13), 3 and 6:30 p.m.
THURSDAY Harry Potter and the Deathly Hallows: Part 2 (PG13), 6:30 p.m.

SCHWAB

FRIDAY Harry Potter and the Deathly Hallows: Part 2 (PG13), 7 p.m.
SATURDAY Pirates of the Caribbean: On Stranger Tides (PG13), 5 p.m.
SUNDAY The Hangover Part II (R), 5 p.m.
MONDAY-THURSDAY Closed

THEATER DIRECTORY

CAMP FOSTER 645-3465
KADENA AIR BASE 634-1869
 (USO NIGHT) 632-8781
MCAS FUTENMA 636-3890
 (USO NIGHT) 636-2113
CAMP COURTNEY 622-9616
CAMP HANSEN 623-4564
 (USO NIGHT) 623-5011
CAMP KINSER 637-2177
CAMP SCHWAB 625-2333
 (USO NIGHT) 625-3834

Movie schedule is subject to change without notice.
 Call in advance to confirm show times. For a complete listing, visit www.shopmyexchange.com.



SINGLE MARINE PROGRAM

For more information, or to sign up, contact the Single Marine Program at 645-3681.

FOREST ADVENTURE TRIP - AUG. 13

• Single Marines and sailors from Camp Courtney are invited to swing through the treetops on zip-lines, swing across ravines on tarzan swings and test their courage on suspended bridges and rope ladders at Okinawa's thrilling athletic park, Forest Adventure Park. Sign up deadline is Aug. 10. Buses will leave the Camp Courtney Gym at 11:50 a.m. Contact the SMP office for more information or to sign up.

TOKASHIKI ISLAND SNORKELING TRIP - AUG. 13

• Single Marines and sailors from the southern camps are invited to grab their fins and get ready for some fun. Bring your snorkeling set and wetsuit if desired. Flotation devices are mandatory for all identification card holders. Sign up deadline is Aug. 10. Bus will leave Camp Foster Field House at 7:45 a.m., Marine Corps Air Station Futenma Gym at 8:05 a.m. and Camp Kinser Gym at 8:35 a.m.

OSTRICH FARM TRIP (SOUTHERN CAMPS) - AUG. 14

• Single Marines and sailors from the southern camps are invited to ride the ostriches at the Ostrich Farm in Nakijin Village. Bus will leave Camp Kinser Gym at 9:20 a.m. and MCAS Futenma Semper Fit Gym at 9:40 a.m. Sign up deadline is Aug. 10.

VOLUNTEER OPPORTUNITIES

• **MCCS Library Summer Fest:** Volunteer to assist the MCCS Library Summer Fest Aug. 6 from 9 a.m.-2 p.m. at the Camp Foster Community Center. Duties will include helping children with arts and crafts, helping with carnival games, face painting and balloon twisting.

Mention of any company in this notice does not constitute endorsement by the Marine Corps.

CHAPEL SCHEDULE

CAMP FOSTER | 645-7486

- *Catholic:* Mon-Fri, 11:45 a.m.; Sat, 5 p.m.; Sun, 10 a.m.
- *Christian Science:* Sun, 11 a.m., Building 442
- *Eastern Orthodox:* Divine Liturgy, Sun, 9:30 a.m.; Vespers, Sat, 5 p.m.
- *Gospel:* Sun, 11:30 a.m.; 2nd, 3rd Sun, Children's Church, 11 a.m.
- *Jewish:* (Informal) Fri, 6:30 p.m.
- *Latter Day Saints:* Mon, 6:30 p.m.
- *Lutheran DVD Worship:* Sun, 4 p.m.
- *Muslim:* Prayer, Fri, 12:45 p.m.
- *Protestant:* Sun, 8:30 a.m.
- *Seventh Day Adventist:* Sat, 9:30 a.m., at Torii Station 644-5701/644-4281

CAMP SCHWAB | 622-9350

- *Catholic:* Thurs, 11:30 a.m.
- *Protestant:* Sun, 4 p.m.

MCAS FUTENMA | 636-3058

- *Catholic:* Sun, noon
- *Contemporary:* Fri, 7 p.m.; Sun, 9 a.m.

CAMP LESTER | 643-7248

- *Catholic:* Sun, 8 a.m.
- *Non-Denominational:* Sun, 9 a.m., Hospital Chapel; Sun, 10 a.m., Lester Chapel

CAMP HANSEN | 622-9350

- *Catholic:* Sun, 10 a.m., East Chapel
- *Protestant:* Sun, 11 a.m., West Chapel

CAMP COURTNEY | 622-9350

- *Catholic:* Sun, 8 a.m.
- *Protestant:* Sun, 10:45 a.m.

CAMP McTUREOUS | 622-9350

- *Gospel:* Sun, 12:30 p.m.

CAMP KINSER | 637-1148

- *Catholic:* Sun, noon
- *Protestant:* Sun, 9:30 a.m.

KADENA AIR BASE | 634-1288

WWW.KADENACHAPEL.ORG

- *Catholic:* Sun, 8:30 a.m., Mass, Chapel 1; Sun, 11:45 a.m., Mass, Chapel 1; Sun, 4 p.m., Mass, Chapel 1; Daily Mass, Mon-Fri, 11:30 a.m., Chapel 1; Reconciliation, Sun, 3:15 p.m., Chapel 1
- *Contemporary:* Sun, 10 a.m., Chapel 1
- *Gospel:* Sun, 10:30 a.m., Chapel 3
- *Protestant Bible Institute:* Tues, 6 p.m., Chapel 1
- *Traditional:* Sun, 9:30 a.m., Chapel 2
- *Wiccan/Pagan:* Sat, 2 p.m., Building 856

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS
 VISIT: WWW.MARINES.MIL/UNIT/MCBJAPAN/PAGES/AROUNDMCBJ/CHAPEL.ASPX

Japanese phrase of the week:

“Toire wa doko desu-ka?”
 (pronounced toy-ray wa do-ko des-ka?)
 It means, “Where is the toilet?”



July 25 - July 29

Rifle Range
 No range conducted.

Pistol Range
 Staff Sgt. Eric Rodriguez,
 3rd Intelligence Battalion,
 III Marine Expeditionary Force
 Headquarters Group, 369

Bodybuilders flex to impress, win competition



Philip M. Ricardo Jr., a professional bodybuilder, poses for the crowd during his guest performance at the 2011 Far East Body Building Competition July 31 at the Camp Foster Theater. Ricardo is a former Marine who, after retirement, became a professional body builder. Photo by Lance Cpl. Erik S. Brooks Jr.

Lance Cpl. Erik S. Brooks Jr.
OKINAWA MARINE STAFF

The curtains opened and the crowd erupted with cheers as the bodybuilders took the stage. The athletes strutted around stage showing off their tremendous muscles, each one fighting to get to the front of the stage to stand out in front of the judges; giving the crowd an initial glimpse of the competition to come.

Bodybuilders from all over Okinawa showcased their talent in the 2011 Far East Body Building Competition July 31 at the Camp Foster Theater.

The 2011 Far East Body Building Competition was open to competitors Pacific-wide, said Gerald Q. Sharber, the athletic director at Gunners Fitness Center. There are several categories in which the bodybuilders can compete.

The women's figure categories included 5 feet 4 inches

and under, 5 feet 4 inches to 5 feet 6 inches and over 5 feet 6 inches, she added. The bodybuilding categories were lightweight, middleweight and heavyweight.

The men's categories included masters, bantamweight, lightweight, light middleweight, middleweight, light heavyweight and heavyweight, said Sharber.

The competition included several performances including a guest performance by Philip M. Ricardo Jr, a professional bodybuilder.

During his performance, Ricardo jumped out into the crowd so the spectators could get a closer view.

Ricardo, a retired Marine, was eager to come out and give a show for the fans and competitors, said Sharber.

Each competitor, was given 90 seconds to showcase their bodies and perform poses for the judges.

"The main thing I look for is symmetry," said Glen A. Morris, head judge and a 20-year bodybuilder. "If the competitor has a big upper body and chicken legs, it doesn't look good."

Morris said he also looks for muscle density, definition, tone and body fat on the contestants, which reflects

their conditioning.

All this only comes with training. The main factors to consider when developing a competition body is diet and discipline, said Glenn. It takes a lot of discipline to go and work out daily.

Builders will even work out three times a day, he added. Each day focuses on a different muscle. Legs tend to be the hardest to get in shape for men and lower abdominal muscles for women.

The competitors went through a lot of training to get where they are, said Morris.

"I stick to a strict diet of chicken, salad and vegetables," said Dana L. Allison, a participant in the competition. "I have been lifting, cardio and dieting for the last six months for this event."

It's a very demanding sport and every once in a while you have to give yourself a cheat day to keep yourself sane," said Allison.

A week before a show Allison depletes her water intake. This makes the definition in the muscles really stand out.

"This was my first competition, and it was very demanding," said Allison. "It was all worth it when I got on stage."

Overall Champions:

Overall Women's Figure

- Josaline Brittingham

Overall Women's Bodybuilding

- Sally Tews

Overall Men's Bodybuilding

- Kenneth Walker

Tennis tournament brings Marines, sailors together

Lance Cpl. Mark W. Stroud
OKINAWA MARINE STAFF

Marines and sailors from across the island displayed their athletic prowess in the Marine Corps Air Station Futenma Open Tennis Tournament July 30.

The tournament was coordinated by Marine Corps Community Services and featured trophies for the champions of the advanced and intermediate brackets, along with shirts for all of the players, according to Niki Schehl, sports coordinator, MCCS Okinawa.

Bases around the island hold regularly-scheduled tennis tournaments such as this one to provide players with chances to get together and compete, according to Schehl.

"We usually do two a year (at MCAS Futenma). The other bases have around two as well," said Schehl. "The next tournament here will be sometime at the beginning of next year."

Marine Corps Community Services used the gathering of tennis players as a chance to gain feedback on their continuing line of tournaments.

"This tournament was for singles players and a lot of people like doubles. The next tournament will be doubles just to see how many people are coming out for

each," said Schehl. "At the end, we are going to ask the players for their feedback and see what they want."

The players appreciated that their input was taken into account during the planning of this and future tournaments.

"It was up to the players to determine how we wanted to play the tournament and everything went pretty well," said Juan Vallejo, a participant. "People were coming from other bases, and the competition was pretty good."

The supportive audience helped the players enjoy the tournament more, according to Vallejo.

MCCS organizes events like this to provide Marines and sailors more recreational options.

"It is something for them to do," said Schehl. "It is some good exercise and a healthy past time."

Vallejo defeated the returning champion from the previous tournament, Ricky Vang, 8-6 in the final set to finish first in the tournament's advanced bracket, making Vang second place.

In the end, the tournament provided an opportunity for the players to spend a Saturday afternoon competing and meeting new people.

"Tennis has been a good hobby for me," said Vang. "It passes the time and gets me out meeting people."

For more information visit www.mccsokinawa.com

Zachery D. Crandall, winds up for his serve at the tennis courts on Marine Corps Air Station Futenma July 30 in his second game during the Futenma Open Tennis Tournament. It was double elimination and featured trophies for the champion of both the advanced and intermediate brackets. Photo by Lance Cpl. Mark W. Stroud